

Potential Resources for the Physically Challenged

- Passes to the National Park Services
- SSI
- SSD
- Access your IRA accounts without the 10% penalty (once "totally disabled")
- American Red Cross
- County Health Agency
- Dept. of Human Resources
- Local American Red Cross
- Local Senior centers can be wonderful resources for free equipment
- Local university that offers occupational therapy as a major
- Local Centers for Independent Living
- Occupational therapist students
- Temporary Employment agencies
- United Way Help Line
- Vocational Rehabilitation Office

Phone Discounts

Local phone companies across the country have a program for those receiving SSI to receive a substantial discount on their monthly recurring charges for phone service. They require you send or fax documentation and the phone service needs to be in your name. Call your local phone company for specific details and/or restrictions.

Local Centers for Independent Living

CIL's are federally funded community groups that coordinate services for people with disabilities. They can provide info on obtaining a handicapped parking placard or half fare card to putting a ramp on her house to dealing with medicaid. Many of them also spearhead advocacy projects aimed at advancing civil rights for people with disabilities. They have membership meetings, invite speakers, throw parties and generally work very hard to link people up with each other and with whatever services they need.

Dept. of Human Resources

Apply for food stamps, and section 8 housing.

There are also special electricity rates, and a telephone discount. If you get section 8 housing, your utilities are included in the rent. . . possible help with heating bills

There are many discounted or FREE programs available to physically and mentally challenged/disabled citizens:

Consult with Social Security to see if you qualify for SSD benefits rather than SSI. It may provide increased income.

Check with your County Health agencies for access to home health care, social programs and other assistance they may provide.

Contact the local United Way Help Line to see what free/discounted services your local community might provide.

Call your local bus company to see if you qualify for a free or reduced rate bus pass. Call your telephone and electric utility companies to apply for a reduced service rate offered to disabled/handicapped citizens.

Contact your State's Vocational Rehabilitation Office to see if you qualify for job training in a limited capacity.

Contact local Temporary Employment agencies. They often hire handicapped people for limited temporary work assignments.

Contact local Social Services Agency to see if you qualify for AFDC, Food Stamps, Health Care or other services.

Utility companies often have energy assistance programs in the fall to help with winter heating bills. Ask at the local utility company if they have such a program or check with your local public aid office to see if they are aware of that program or any beneficial programs in your area. The telephone companies often waive the initial start-up costs for those on disability or low-income. Some telephone companies have programs to subsidize the basic phone costs so people can afford to have phones for emergencies. Amtrak also offers a discount to riders who show proof of disability.

There are even some theatres, restaurants and other places of business that offer discounts. Ask when you conduct business with different places whether they offer discounts.

Info from: <http://www.stretcher.com/stories/990628b.cfm>

Other:

<http://www.4physicallychallenged.com/>

<http://www.disabledperson.com/>

<http://www.new-horizons.org/recfit.html>

<http://www.roadtripamerica.com/tips/disabilities.htm>

<http://www.disabilityinfo.gov>

<http://www.mossresourcenet.org/>

<http://www.access-board.gov/>

- [AAPD](#) - American Association of People with Disabilities
<http://www.aapd.com/index.php>
- [Christopher and Dana Reeve Paralysis Resource Center](#)
<http://www.paralysis.org>
- [CSADP](#) - Center for the Study and Advancement of Disability Policy
<http://www.disabilitypolicycenter.org/>
- [Disabled Dealer](#) - pre-owned adaptive equipment, homes, vans, RV's and more
<http://www.disableddealer.com/>
- [disABLEDperson.com](#) - Online disabled community featuring monthly articles, tips, news, chat, employment opportunities and more. Requires registration.
- [eSight Careers Network](#) - Where people who are visually impaired or physically disabled build resources for managing their careers.
<http://www.esightcareers.net/>
- [FCTD \(Family Center on Technology and Disability\)](#) <http://www.fctd.info/>
- [Family Village](#) - A Global Community of Disability Related Resources
<http://www.familyvillage.wisc.edu/index.html>
- [Institute on Independent Living](#) - serve self-help organizations of disabled people who work for equal opportunities, self-determination and self-respect. <http://www.independentliving.org/>
- [NICHCY](#) - National Dissemination Center for Children with Disabilities
<http://nichcy.org/>
- [SCI Info Pages](#) - spinal cord injury resources and health information
<http://www.sci-info-pages.com/>
- [Through the Looking Glass](#) - center that has pioneered research, training, and serving families with disabilities since 1982.
<http://lookingglass.org/index.php>
- [Wheelchair Resources](#) - Just about anything you need to know about wheelchairs. <http://wheelchairresource.com/>
- [WAPD \(World Association of Persons with disAbilities\)](#) - advances the interests of persons with disAbilities at national, state, local and home levels. <http://www.wapd.org/>

Sports and Recreation

- [American Amputee Soccer Association](http://www.ampsoccer.org/) <http://www.ampsoccer.org/>
- [America's Athletes with Disabilities](http://www.americasathletes.org/) <http://www.americasathletes.org/>
- [National Amputee Golf Association](http://www.nagagolf.org/) <http://www.nagagolf.org/>
- [Challenged America](http://www.challengedamerica.org/) - a charitable program providing free, year-round, learn-to-sail and advanced sailing instructions for kids and adults with disabilities <http://www.challengedamerica.org/>
- [E-Car](http://www.e-caramerica.com/) - for outdoor activities and driving convenience <http://www.e-caramerica.com/>
- [Freedom's Wings](http://www.freedomswings.org/) - flying for people with disabilities <http://www.freedomswings.org/>
- [Golf Xpress](http://www.golfxpress.com/) - single-rider golf car that goes everywhere <http://www.golfxpress.com/>
- [Handicapped Travel Club](http://www.handicappedtravelclub.com/) - resource information that includes RV dealers, manufacturers, rental agencies and conversion facilities that will provide vehicles for the disabled <http://www.handicappedtravelclub.com/>
- [IKAN Sports Foundation](http://www.ikanbowler.com/) - Keeping People In The "Game" Of Life <http://www.ikanbowler.com/>
- [National Sports Center for the Disabled](http://www.nscd.org/) <http://www.nscd.org/>
- [NCA - National Center on Accessibility](http://www.ncaonline.org/) <http://www.ncaonline.org/>
- [NCPAD - The National Center on Physical Activity and Disability](http://www.ncpad.org/) <http://www.ncpad.org/>
- [North American Riding for the Handicapped Association \(NARHA\)](http://www.narha.org/) <http://www.narha.org/>
- [O'Donnel Diving](http://www.odonneldiving.com/) - Scuba Diving for every one <http://www.odonneldiving.com/>
- [Pegasus Riding Academy](http://www.pegasusridingacademy.com/) <http://www.pegasusridingacademy.com/>
- [Spokes 'n Motion](http://www.spokesnmotion.com/) - Adaptive sports Equipment <http://www.spokesnmotion.com/>
- [Trail Explorer](http://www.trailexplorer.org/) - trail information for all users, but particularly useful for individuals with specific needs <http://www.trailexplorer.org/>
- [National Disability Sports Alliance \(NDSA\)](http://www.ndsaonline.org/) <http://www.ndsaonline.org/>
- [U.S. Paralympics](http://www.usolympicteam.com/paralympics/) - a division of the U.S. Olympic Committee <http://www.usolympicteam.com/paralympics/>

<http://www.abilitiesexpo.com/IAEBrandManager/v42/index.cvn>

<http://det.abilitiesexpo.com/iaedet/v42/index.cvn>

<http://www.ncaonline.org/golf/sites.shtml>

State website:

http://www.michigan.gov/mdcd/0,1607,7-122-25392_40237_42068---,00.html

Disability Resources

- [Community Rehabilitation Organizations Serving Michigan](#) 
- [Michigan Rehabilitation Council \(MRC\)](#) <http://www.mrccouncil.org/>
- [Client Assistance Program](#)
<http://www.mpas.org/advocacyservices.asp?TOPIC=10116>
- [Michigan Statewide Independent Living Council](#) <http://www.misilc.org/current/>

Offering Alternative Therapy with Smiles, Inc. O.A.T.S.

3090 Weidemann Dr

Clarkston, Mi 48348

(248) 620-0505

WWW: www.oatshrh.org/

dedicated to enriching the lives and experiences of children and adults with disabilities. We offer an activity that is both therapeutic and fun, in a safe, supportive environment

<http://www.centaur.org/horse/handi.html>

Troy, MI.

<http://www.orion.lib.mi.us/locin/disability.asp>

Bay County

<http://www.dsrbcb.org/sports.html>

West Michigan

<http://www.dsawm.org/PDF/Agencies-Resources-WestMI.pdf>